CLAIMS

What Is Claimed Is:

equipment, comprising:

- a ballast receiving pocket;
- a ballast member stored within said receiving pocket prior to release of said ballast;
- a first strap attached at least approximate to said receiving pocket;
 - a second strap attached at least approximate to said receiving pocket, said second strap associated with said ballast member; and
 - a side releasable buckle having a first section and a second section, said first section of said side releasable buckle attached to said first strap, said second section of said side releasable buckle attached to said second strap, wherein prior to release of said ballast member said first section and said second section are connected to each other.
 - 2. The active control releasable ballast system of claim 1 further including a pouch for holding said ballast member, said pouch stored within said receiving pocket prior to release of said ballast member and said pouch.
 - 3. The active control releasable ballast system of claim 2 wherein said second strap is attached to said pouch.
- 4. The active control releasable ballast system of claim wherein said second strap is attached to said receiving pocket.

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- 6. The active control releasable ballast system of claim wherein said second strap is attached to said ballast member.
- 7. The active control releasable ballast system of claim 10 2 further including a handle attached to said pouch.
 - 8. The active control releasable ballast system of claim 1 further including a handle attached to said ballast member.
 - 9. The active control releasable ballast system of claim 1 further including a slightly curved plate disposed within and attached to said receiving pocket.
 - 10. The active control releasable ballast system of claim 2 further including a slightly curved plate disposed within and attached to said pouch.
 - 11. The active control releasable ballast system of claim 2 further including a first slightly curved plate disposed within and attached to said receiving pocket and a second slightly curved plate disposed within and attached to said pouch.
- 12. The active control releasable ballast system of claim 30 2 wherein said pouch having a flap.
 - 13. The active control releasable ballast system of claim 1

wherein a location of said side release buckle with respect to said receiving pocket provides for a single point active fastening device and handle for active control of said ballast pre-insertion, during use and post release of said ballast.

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